

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2012

## FREDERICK SENIOR CENTER

WWW.FrederickCountyMD.gov/aging

			1 9:00-Strength Train. 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Bridge/ Pinochle	2 9:00-Quilting 11:00-Strength T. 12:15-Chair Yoga* 12:30- <u>"Valley Boys"</u> 1:00-Bookmobile 1:30-Knitting	3 9:30-Strength Training 12:30-Canasta	4 *-Classes run in sessions-prepay- preregister required
5 COMING IN SEPT- <u>TAI CHI</u>  LUNCHES ARE SERVED AT TANEY APT.	6 9:30-Strength Train. 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class 2:30-Book Club	7 10:00-Blood Press.- Taney Apt. 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	8 9:00-Strength Train. 11:00-M&M Exercise 12:00- <u>"Don't Sweat The Small Stuff"/Kathy-AARS</u> 12:30-Bridge/Pinoc.	9 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Arthritis/FMH</u>	10 9:30-Strength Training 12:30-Canasta	11
12	13 9:30-Strength Train. 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class	14 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	15 9:00-Strength Train. 11:00-M&M Exercise 12:30- <u>"A Time to Talk"/Edi</u> 12:30-Bridge/ Pinochle	16 9:00-Quilting 11:00-Strength Trai. 12:15-Chair Yoga* 12:30- <u>"Salt Sensibility"</u> 1:00-Bookmobile 1:30-Knitting	17 9:30-Strength Training 12:30-Canasta	18
19 Underlined programs are offered at Taney Apt.	20 9:30-Strength Train. 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class	21 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	22 9:00-Strength Train. 11:00-M&M Exercise 10:00-2:00- <u>PICNIC</u> -Rocky Ridge 12:30-Bridge/Pinoc	23 9:00-Quilting 11:00-Strength T. 12:15-Chair Yoga* 12:30- <u>"Taking Care Of Relatives/Friends And Me"/Steve</u>	24 9:30-Strength Training 12:30-Canasta	25
26	27 9:30-Strength Train. 11:00-M&M Exercise 12:30- <u>W. of Fortune</u> 1:00-Art Class	28 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	29 9:00-Strength Train. 11:00-M&M Exercise 12:30- <u>"The Little Things That Help Manage Weight"</u> 12:30Bridge/Pinoc.	30 9:00-Quilting 11:00-Strength T. 12:15-Chair Yoga* 12:30- <u>Hearing Loss/A&amp;A Hearing Group</u>	31 9:30-Strength Training 12:30-Canasta	<u>SPECIAL MEAL</u> <u>August 16-</u> <u>Crab Cakes</u> 301-600-1048 for reservations